



**Richmond VAMC**

## **Veteran's Healthy Living Newsletter**



**VA**  
HEALTH  
CARE

Defining  
**EXCELLENCE**  
in the 21st Century



# **HEALTHY HEROES**

### **Bill Bjornes**



What would it be like to be a successful Air Force musician noticing a change in your memory, the development of a right arm tremor and loss of coordination? Symptoms that would put many Servicemen in denial or debilitating concern activated Bill Bjornes into the fight of his life.

Hashimoto's Encephalopathy (HE) is a rare disease first discovered in 1966 that has been difficult for the medical community to diagnose. Bill Bjornes was diagnosed with Hashimoto's encephalitis (HE) type 2 after three years of testing and procedures. In 2009, he underwent a course of therapy that included surgery and medications. In the beginning of his therapy course, Bill Bjornes found he was unable to complete simple tasks such as using his fingers well to move objects, remembering ideas and plans, and coping emotionally with changes. Rising to the challenge, he decided to tackle each obstacle with an open mind and zeal to improve. His best motivation was his four children and a small purple and white blanket knitted by his daughter.

## **Be Tobacco Free**

Quitting smoking is the single most important thing you can do to improve your health and protect the health of your family. Smoking harms nearly every organ of the body. Did you know that smokers not only have higher rates of chronic pain but also rate their pain as more intense than nonsmokers.

How can someone best help themselves?  
Kick the habit using one or more:

Nicorette replacement

Bupropion

Chantix

Smoking Cessation program

## **Willpower!**

"Improving willpower is the surest way to a better life." First, know your limits.

1. You have a finite amount of willpower that becomes depleted as you use it.
2. You use the same stock of willpower for all manners of tasks such as deciding what to wear, what to eat, whether to work on a task or check out a computer game.
3. Exerting willpower uses energy and depletes your strength to persevere in what you consider important causing loss of self-control. When you decide on a goal such as quitting smoking, devise a plan with small obtainable steps. Don't defeat and tire yourself trying to do too many changes at the same time.

- Baumeister & Tierney

Bill transferred to the Richmond VAMC Polytrauma Network site in 2010 with the thought 'I'm going to get help.' He participated actively in each therapy offered: speech therapy; occupational therapy geared at hand motor skills; cooking and daily living skills re-training; and physical therapy. With determination, he advanced to swimming, kayaking, archery and hunting. Bill enrolled in Sportables –a Richmond organization with the mission to create opportunities and transform the lives of individuals with physical disabilities through sport and healthy lifestyle activity. Refining his skills, he mastered the use of the air rifle again.

Determination to advance and excel is apparent in every word spoken by this Veteran. His teenagers continue to earnestly and enthusiastically support his efforts. He has also found good supportive friends and opportunities through the Wounded Warrior network.

Bill has achieved the title of Distinguished Expert in semi-automatic pistols though the NRA in 2013 as well as holding a rifleman certification in adaptive shooting. His recent metals include a gold medal in rifle, bronze in archery and 3<sup>rd</sup> place in 9mm pistol at the 2013 Valor Games in North Carolina. He is looking forward to participating in upcoming competitions in CA, VA, OH, WI and PA as well as trying out for the Air Force Wounded Warriors program.

Our Healthy Hero, Bill Bjornes, exemplifies the definition of Valor – 'character embedded in the spirit of those who rise with strength and battle with everything they have.' The mission to be independent, contribute to his community and to 'be there for my family' burns brightly in this courageous man.



Bill Bjornes wants you to remember to ***'take every opportunity that is here at the VAMC to improve your health. Ask your Primary Care provider!'***

## VALOR IS MORE THAN A WORD

It is a character embedded in the spirit of those who rise with strength and battle with everything they have. The Valor Games brings together disabled veterans and wounded, ill or injured service members and engages them in three days of Paralympic sport competition. The event celebrates sport as a means of empowering individuals and strengthening community. Beyond competition, the Valor Games connects athletes with ongoing sports opportunities and resources in their local communities.

Promoting healthy, active lifestyles is important to successful community reintegration and the Valor Games proudly support such endeavors. World Sport Chicago hosted the first Valor Games in 2011 and all regional events are organized in partnership with U.S. Paralympics and the U.S. Department of Veterans Affairs.



## NUTRITION:

### Herb-rubbed Turkey with Apples and Shallots

12 servings, 3 ounces each, plus plenty of leftovers!

#### Per serving:

<b>Calories</b>	<b>155</b>
<b>Fat</b>	<b>5 g (1g sat; 2gm mono)</b>
<b>Cholesterol</b>	<b>63 mg</b>
<b>Carbohydrates</b>	<b>0 g</b>
<b>Sugars</b>	<b>0 g</b>
<b>Protein</b>	<b>25 g</b>
<b>Fiber</b>	<b>0 g</b>
<b>Sodium</b>	<b>115 mg</b>
<b>Potassium</b>	<b>258 mg</b>

#### Cider Gravy

Servings Per  
Recipe: 16  
Serving Size: 1  
serving

<b>Calories</b>	<b>20.0</b>
<b>Total Fat</b>	<b>0.0 g</b>
Saturated Fat	0.0 g
Polyunsaturate	0.0 g
d Fat	
Monounsaturat	0.0 g
ed Fat	
<b>Cholesterol</b>	<b>0.1 m</b>
	<b>g</b>
<b>Sodium</b>	<b>167.0</b>
	<b>mg</b>
<b>Potassium</b>	<b>2.4 m</b>
	<b>g</b>
<b>Total</b>	<b>4.1 g</b>
<b>Carbohydrate</b>	
Dietary Fiber	0.1 g
Sugars	0.3 g
<b>Protein</b>	<b>0.9 g</b>

## Herb-rubbed Turkey with Apples and Shallots

### Ingredients

1 10- to 12-pound turkey  
2 tablespoons canola oil  
2 tablespoons chopped fresh parsley, plus 3 sprigs  
1 tablespoon chopped fresh sage, plus 3 sprigs  
1 tablespoon chopped fresh thyme, plus 3 sprigs  
1 teaspoon kosher salt  
1 teaspoon freshly ground pepper  
1 1/2 pounds shallots, peeled and halved lengthwise, divided  
1 tart green apple, quartered  
3 cups water, plus more as needed

**Makes:** 12 servings, 3 ounces each +leftovers!

**Active Time:** 45 minutes

**Total Time:** 3 1/2 hours



### Preparation

1. Position rack in lower third of oven; preheat to 475°F.
2. Remove giblets and neck from turkey cavities and reserve for making Turkey Giblet Stock. Place the turkey, breast-side up, on a rack in a large roasting pan; pat dry with paper towels.
3. Combine oil, chopped parsley, sage, thyme, salt and pepper in a small bowl. Rub the herb mixture all over the turkey, under the skin and onto the breast meat. Place herb sprigs, 6 shallot halves and apple in the cavity. Tuck the wing tips under the turkey. Tie the legs together with kitchen string. Add 3 cups water to the pan.
4. Roast the turkey until the skin is golden brown, 45 minutes. Remove the turkey from the oven. If using a remote digital thermometer, insert it into the deepest part of the thigh, close to the joint. Cover just the breast with a double layer of foil, cutting as necessary to fit. Scatter the remaining shallots in the pan around the turkey. Reduce oven temperature to 350° and continue roasting until the thermometer (or an instant-read thermometer inserted into the thickest part of the thigh without touching bone) registers 165°F, 1 to 1 3/4 hours more. If the pan dries out, tilt the turkey to let juices run out of the cavity into the pan and add 1 cup water.
5. Transfer the turkey to a serving platter (reserve pan juices and shallots) and tent with foil. Make Cider Gravy (recipe follows). Let the turkey rest for 20 minutes. Remove the string and carve.

### Cider Gravy

1 cup apple juice  
2 tablespoons cider vinegar  
6 tablespoons all-purpose flour  
4 cups turkey giblet stock

Skim the fat from roasting pan juices, reserving 1/3 cup of the fat. Add cider and the vinegar to juice in pan. Deglaze the pan over moderately high heat, scraping up the brown bits, and boil the mixture until reduced by half. In a saucepan, combine the reserved fat and flour and cook the roux over moderately low heat, whisking for 3 minutes. Add cider mixture and the stock in a stream, whisking. Bring the mixture to a boil, whisking to avoid creating lumps. Simmer the gravy, stirring occasionally, for 10 minutes. Season gravy with salt and pepper. Transfer to sauceboat to serve with turkey.